

News from SALEM COUNTY

Office of Public Information

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SALEM COUNTY TO CELEBRATE FALL PREVENTION AWARENESS WEEK AND FALL PREVENTION DAY

(SALEM, NJ) – Freeholder Jeffrey J. Hogan today announced that September 20th through September 26, 2009, is designated as Fall Prevention Awareness Week along with Fall Prevention Awareness Day on September 22, 2009, at the John B. Campbell Center located on Walnut Street in Salem.

"Please join me and my fellow Freeholders, along with the Office on Aging to celebrate Fall Prevention Week and Fall Prevention Day" said Freeholder Hogan. "Falling is a serious concern for our older residents and through education we can give people the tools to prevent falls from occurring."

According to the U.S. Centers for Disease Control and Prevention (CDC), falls are the leading cause of injury deaths among adults age 65 and older. One in three adults age 65 and older falls each year. An older adult is treated in a hospital emergency room for a fall every 18 seconds, and every 35 minutes an older adult dies as a result of a fall-related injury.

Fall Prevention Awareness Day will be held on September 22, 2009, at the John B. Campbell Center. There will be vendors available from 1:00 pm through 3:00 pm with valuable information on exercise to help build muscles, eye exams and home evaluation checklists to help reduce falls. Refreshments will be available during the event.

"Besides the vendors, food, and plenty of information, we will be introducing a brand new education program called the 'Matter of Balance Program'," said Freeholder Hogan. "This program is designed to reduce the fear of falling and increase activity levels among older adults."

The Matter of Balance program is conducted in eight two-hour sessions and uses group discussion, videos and exercise to help older adults learn positive methods to help reduce the fear of falling. The first class will be held on September 29, 2009, in the conference room, second floor, at 98 Market St., Salem.

For more information and to register for either event call the Office on Aging at 856-935-8622.